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Normality Abnormality

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Section 7

Essay 4

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Changes in Norms Over Time

Normality and Abnormality fluctuate greatly with time and environment. Ideas of "abnormal" and "normal" are largely molded by social gauges and can have significant social consequences. There are many phenomena today that is considered normal, however, later on, they might become abnormal according to society’s standards or various other reasons. Then again, there is other phenomena today that is abnormal and later on might become normal as people’s though and environment changes. Usually, normality and abnormality are measured using the statistical, cultural, and evolutionary perspective, since it varies widely by individuals, culture, time, situation, group, and place. And as people gain new information and learn something new their view of what is normal changes over time.

The phenomenon that was very uncommon before the industrial revolution, however, become common in today’s society is Obesity. Obesity has become the new normal because Rauh states in her article that “according to the center for disease control, two third of the Americans are obese and overweight. That is, an average American is 23 pounds heavier than his or her ideal body weight” (“Is Fat the New Normal?”). Obesity has become very abnormal today because of the large food portions, unhealthy eating lifestyle, and cheap costs. With the wide variety of fast food options available, people have a characteristic drive to go towards the unhealthy and sugary food choices since it tastes better and available almost anywhere anytime. In addition to that, the majority of the fast food restaurants have deals where buying food in bulk or in more quantity can save people more money, which leads to people eating more than what they eat normally. Also, people choose to eat unhealthy food over healthy food simply because it costs way less and tests much better them most of the healthy options available. Because of the availably of cheap and tasty food obesity has increased drastically in today’s society, however, as time goes on obesity will become abnormal.

In the near future, I believe that obesity will become abnormal because of the cultural and evolutionary perspective. From the society’s point of view, thin body is the ideal body because many forms of media promote a thin figure that encourages society to eat healthily and become thin. According to Abigail Saguy, “TV shows like the biggest loser also promotes thin body and encourage people that anyone who tries to eat healthily can get the body that everybody wants.” Magazines and news also promote eating healthy by providing tips to be healthy and providing workout routines and exercise tips to lose weight and get the perfect body image. In addition to that, as time goes on and more and more research proves that “obesity is a deadly and costly disease” (Saguy), the society is becoming aware of the problem and beginning to take precautionary to avoid overeating and stay healthy. According to Saguy, “there are several risks associated with higher body mass, the clearest being Type 2 diabetes, which becomes more likely as weight increases”. To prevent obesity and promote healthy eating habits, society has started such as providing a healthy meal to kids in school and making health classes mandatory so kids can learn the side effects of obesity. Also, many books and articles have been published that promote healthy eating habits. As society’s view changes on obesity, I think in near future obesity will become abnormal as more and more people start to eat healthily.

Also, according to the evolutionary perspective, overweight will become uncommon because it leads to long-term medical problems. Research has shown that “overwrought lead to a higher increase in diabetes, risk of strokes, high blood pressure, heart disease, and several other terrible medical problems. Also according to National Heart, Lung, and Blood Institute, “obesity can run in family”. So if a person today is obese then his or her child can also be obese, and their kids after them will also be obese. Will all the medical problems with obesity, people will start taking better care of themselves and strive for a fit and healthier body according to their body mass index. This will lead to obesity becoming abnormal in near future from an evolutionary perspective.

I believe this change in obesity will be good for society because it will reduce many body related health risks. Healthy diets will provide people with healthier and thin body as well as increase quality of their life. Also according to Horwitz, “healthier and fit body affects many aspects of life, such as jobs, income, and marriage”. He states that good looking males are females are more likely to get a job and a promotion; and they tend to live happier than a person who is overweight.

In contrast, there are abnormal perspectives in today's era that will soon be viewed as normal in future generation one being the use of marijuana. The utilization of marijuana is viewed as irregular to people in today’s generation; nonetheless, with time it will be viewed as normal to society. Because of effortlessness accessibility of marijuana, many individuals will keep on using the drug until the most individuals think of it as normal. O’Connor states in his article Increasing Marijuana Use in High School Reported, that “the report raises concerns that the relaxation of restrictions on marijuana, which can now be sold legally in 20 states” (O’Connor 1). Obviously, there are an ever-increasing number of individuals statistically purchasing marijuana despite the fact that it is viewed as unlawful and unusual in the public eye. The ever growing statistics shows that buying marijuana which is considered abnormal in the society will soon become normal in less than twenty years or so.

From a social angle, individuals will begin trusting this plague is normal in the future because as more and more people smoke marijuana soon it will become normal and become a habit. With an ever increasing number of associations supporting the legitimizing of weed including the government in some states, it will end up plainly less demanding to get to the medication. When individuals see their social gatherings use weed as a way of relaxation and enjoyment, they will be slanted to go along with them. Therefore, from culture’s perspective smoking marijuana will occur more often in the near future because of the social groups and will become a normal thing to do. Moreover, from a statistical point of view, when there will be higher quantities of individuals utilizing weed in the future, many individuals will want to blend in and be a part of the majority utilizing marijuana. Along these lines, with higher quantities of individuals utilizing weed, the utilization of weed will become more mainstream, permitting it to have the mark of a normal thing to do.

I believe that use of marijuana being normal will have adverse effects on the society and people because it will allow young kids to be exposed to drugs at a very young age. On the off chance that there is no age limitation for utilizing marijuana when it winds up noticeably normal in the future, more youthful kids will be exposed to the results by openly observing their elders recreationally use weed since it is normal. According to Keffe in her article Buzzkill, she mentions that “in 1980, ten percent of high school seniors reported daily use of marijuana” and continues to say that the number of teenagers using marijuana has increased significantly” (Keffe 3). Therefore, with more and more people favoring the use of wee, it will become another recreational activity which everyone including youngsters will take parts in. All through time, the age at which weed is most utilized will decrease persistently. At the end of the day, individuals will use marijuana at more youthful ages throughout time. The use of marijuana will most effect teenagers because they will be exposed to it at a very young age because of that the people that publicly use marijuana. And youngsters who do not participate in the activities that involve marijuana will be thought of as abnormal people.

In conclusion, in near future, more people will try to stay healthy and more fit because of the benefits it can provide them, such as beautiful and healthy body, longer life expectancy, as well as make them happier. At the same time, the use of marijuana will become the normal and everyday thing that people do. These phenomena change throughout history and continue to change as people’s view change based on evolutionary and culturally view.

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Lecture Notes